

# CUMMINGTON COUNCIL ON AGING

## NEWSLETTER

### APRIL, 2015

Cummington Council on Aging  
P.O. Box 95,  
Cummington, MA 01026  
413-634-2262  
coa@cummington-ma.gov



Carolyn Urekew, Director  
**Hours:**  
Wednesday & Friday  
9 AM—12 PM

## EVENTS – APRIL, 2015

### **Monday:**

Osteoporosis Exercise	9:30-10:30 AM
Coffee Hour	10:30-11:30 AM
Board of Assessors Assistant (office hours)	9:30-11:30 AM
Town Admin. Asst.	9:00-11:00 AM
Needlework Group	1:30-3:30 PM
Bryant Library	6:00-9:00 PM
Veteran Agent 1 <sup>st</sup> and 3 <sup>rd</sup> Monday	9:00-11:00 AM

### **Tuesday:**

Town Admin. Asst.	9:00-11:00 AM
<b>COA POTLUCK luncheon April 21<sup>st</sup>, Noon</b> (3 <sup>rd</sup> Tuesday)	
Board of Health Meeting: 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday	7:00 PM
Veteran Agent, 3 <sup>rd</sup> Tuesday	6:00-8:00 PM
Williamsburg Town Office	

### **Wednesday:**

COA office hours	9:00-12:00 PM
Chair Yoga	12:00-1:00 PM
Tap Dancing	4:00-4:45 PM
Bryant Library	6:00-9:00 PM
Compactor	5:30-7:30 PM

### **Thursday:**

COA Board of Directors April 2nd	9:30 AM
Town Clerk	6:00-7:30 PM
Selectboard	7:00 PM
Board of Assessors Mtg 2 <sup>nd</sup> & 4 <sup>th</sup> Thurs.	6:00-8:00 PM
Building Inspector	6:00 – 8:00PM

### **Friday:**

COA office hours	9:00–12:00 PM
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### **Saturday:**

Compactor	7:00-11:00 AM
Bryant Library	8:30AM-12:30PM

**\*\*Board of Directors** will meet **April 2nd at 9:30 am.**

**The Cummington Ladies Lunch Bunch** is on for **April 8<sup>th</sup> at Spruce Corner Restaurant in Goshen at 12:30 pm.** As usual we can meet at the church at noon to carpool.



**April Potluck Luncheon & Program** will be on **Tuesday April 21<sup>st</sup> at 12pm at the Community House.** **Pauline Johnson (Anne Parson's sister) will give a presentation on her El Camino walk.**

**Help prevent Osteoporosis and have fun doing it!!!! Monday's at 9:30 am.**

**Coffee Hour** is being held at **10:30-11:30 am every Monday** following the Osteoporosis exercise class.

**Tap dancing classes** are on. Classes are at the Community House on **every Wednesday 4 - 4:45 pm.** It is being led by our own multi-talented Sue Forgea 634-5458.



**Neighbor to Neighbor drivers!!** Because of generous donations that have been made to the Council on Aging for our program support, we **will** be able to continue this program. Anyone willing to volunteer to drive, please contact me any Wednesday or Friday at my office, 634-2262.

### **\*\*On a Personal Note:**

I would like to extend a sincere thank you to everyone who has shown me support, love and compassion during this extremely difficult time. The passing of Peter has left a huge hole in my heart that your kind words and deeds are helping to heal it. We will be having a Memorial service for Peter on May 30<sup>th</sup> at 2 pm at the Community House. We will welcome all to join us to help celebrate his life with stories and music.

~ Carolyn

**Our St. Patrick's Day Celebration** on March 17<sup>th</sup> was a lot of fun--we served a total of 50 meals! Thanks go to our Board of Directors for the delicious Corned Beef and Cabbage dinner! Following lunch we all enjoyed a wonderful program performed by musician/storyteller John Porcino funded by the Cummington Cultural Council.



### **ADDENDUM TO RESOURCE DIRECTORY On Page 5**

**Elder Abuse Hotline 800 922-2275**

**Highland Valley Elder Services 413 586-2000**

Elder abuse refers to any knowing, intentional, or negligent act by a caregiver or any other person that causes harm or a serious risk of harm to a vulnerable adult age 60 or over.

**Hilltown Van 413 268-7582**

Call Eleanor Loomis **ASAP before trip**

To Northampton – Tuesday (\$4.00)

To Pittsfield -- Wednesday (\$4.00)

Van Schedule: The weekly run to Northampton is for shopping on Tuesdays mornings. Afternoons are for medical appointments. Other van runs will be made to Northampton, Pittsfield, or special field trips on an "as needed" basis. Call Ellie in advance!

**Hilltown Food Pantry 413 268-7578**

at Goshen Town Hall – Diane Meehan, Dir.

Each Wednesday 1-3PM; 3<sup>rd</sup> Wednesday 1-6PM

Clients of the pantry may pick up free boxes of groceries monthly, as available. Please bring social security numbers of all family members applying at this site.

**Jane Neri local HEN Coordinator** Help inside the home and errands **413 634-5703**

## **Spring Pea Soup**

**Serves 4**

### **Ingredients**

- 1 large shallot, minced (about 3 Tbsp)\*
  - 1 1/2 Tbsp unsalted butter
  - 2 cups low sodium chicken broth or vegetable broth (for vegetarian option)
  - 2 sprigs of mint, about 6 inches in total stem length
  - 1 pound of frozen petite peas
  - 1/4 cup heavy cream
  - Salt and freshly ground pepper to taste
- Crème fraîche for garnish (or sour cream or greek yogurt diluted with cream )
- Strips of fresh mint for garnish

### **Method**

**1** In a medium saucepan (2 1/2 to 3 quart) melt the butter on medium heat. Add shallots and cook until softened, but not browned, a couple minutes.

**2** Add the broth and mint sprigs to the shallots, increase the heat and bring to a boil. Add the frozen peas and salt and pepper to taste. Return to a boil, reduce heat and simmer until the peas are just tender, 3-5 minutes.

**3** Discard the mint and purée the soup in a blender until completely smooth. Blend in the cream. Taste and correct seasoning.

Reheat to serve warm, or chill to serve cold. Serve garnished with crème fraîche and mint strips.

*\* You can use a small onion in place of shallot. You can skip the mint if you must...*

**Save the Date! May 13th at 12:15** at the Williamsburg Senior Center in Haydenville, the Massachusetts Bar Association presents **"Taking Control of Your Future: A legal Checkup,"** part of the 2015 Elder Law Education Program. All are welcome to attend. More next month.

### **Apartments Available in Haydenville, Williamsburg & Chesterfield**

Hilltown CDC is currently renovating six multi-unit buildings. Apartments range from studios to four bedrooms. Mobility Accessible and Sensory Adapted units available. Typical rents will range from \$610 to \$1350 with utilities included. Interested parties must be within income guidelines and complete application by May 8. Tenants will be selected by lottery. Section 8 Housing vouchers accepted. Some units have preferences for homeless families and/or veterans. Free language assistance and reasonable accommodations with the application process are available on request.

**For more information including income guidelines and to get a copy of the application, call 413-296-4536 or visit [www.hilltowncdc.org](http://www.hilltowncdc.org). An Equal Housing Opportunity.**



### **You May be Eligible for Help!**

**Need Help Filling Out Forms? Wondering if you are eligible to receive help?** (Fuel Assistance, SNAP, Brown Bag, Verizon, National Grid, etc.) Some of the Senior Centers have applications and training to help you apply for resources available to you! **Call your Senior Center or call Janet Dimock, Community Health Worker** at the HCHC (also known as the Worthington Health Center) **at 413-238-5511, ext. 149** to see how she can help you.

### **How DO Hilltowners Shop for Food?**

**Still looking for people to fill out an anonymous survey,** as part of an effort called **Keep Farming in the Hilltowns** sponsored by the Hilltown Community Development Corporation and the Old Creamery Coop. This survey takes about 5 minutes to complete. The survey is available in local town halls. Or fill it out online at: <http://goo.gl/forms/7q3m380NeG>. More information can be found at the Hilltown CDC website, [www.hilltowncdc.org](http://www.hilltowncdc.org), or call Teri at 413-296-4536.

### **Hilltown Elder Network (HEN)**

provides eligible seniors with up to two hours of housework/shopping/etc. per week. HEN is run by the Hilltown Community Development Corp. (HCDC). If you could use a little help around the house, call Charlie Hayes at 413-296-4536, Ext. 120.

### **We Don't Want ANY Hilltown Seniors to Go Hungry!**

We have many programs to help you out in this day of high prices and fixed incomes. **Congregate Meals, Brown Bag, and the Senior Center Food Pantry are all FREE!** Yes, you can make a donation, but they are FREE to all seniors. Congregate Meals are served every Tuesday, Wednesday and Thursday in the Williamsburg Senior Center in Haydenville. **Seniors from all towns are welcome!** We ask that you reserve your meal at least two days ahead at 268-8407. Come down and make new friends at the Williamsburg Senior Center!

Call your COA and/or see the Referral Sources on Pg 7 for food pantries, Brown Bag, SNAP and other Food related services. Don't go hungry!

### **It Takes a Village,**

a mother support organization, is seeking *home visit volunteers* for mothers with infants living in the Hilltowns of Franklin, Hampshire, Hampden, and Berkshire counties. Volunteers are matched with a local family, help with household chores or holding baby, and make weekly two-hour visits for up to three months. If interested, please complete an application on our website at [hilltownvillage.wordpress.com](http://hilltownvillage.wordpress.com), or call 413-650-3640 to request a paper application. Or you may email [hilltownvillage@gmail.com](mailto:hilltownvillage@gmail.com) for more information.

### **Slippers or No Slippers?**

**By Kip Moeller, RN, CFN**



After working many years as a foot care nurse, I have observed a perennial problem: the drying out of the soles of many clients' feet. If left unchecked, bothersome and unsightly calluses and cracks can develop. Cracks that form, usually on the heels, can become painful and may lead to an infection. This can be especially problematic for diabetics and will require medical treatment.

Having puzzled over why this happens, I began to survey my clients. I now believe that the tendency to wear loose-fitting slippers indoors for part or most of the day causes the dryness. Unfortunately, the soles of the feet are more difficult to see as we age, so the owner doesn't always realize just how dry they may be. One way to check the soles is to place a mirror on the floor and hold the foot above it or to ask a willing friend or family member to have a look for you.

Slippers are convenient, "comfy," cheap, and easy to "slip" on and off. We don't have to bend over to put them on and can even throw them in the washing machine. Many people become attached to wearing their slippers all day.

Once upon a time, slippers, if we think back two or three decades, were relegated to the bedroom, to sit by the bed

***Continued on next page***

### ***Slippers or No Slippers? Continued***

and be worn on the nightly or early morning trips to the bathroom. Slippers were usually matched with a bathrobe, and they lived close by each other.

Back then, having slippers on all day signaled that you were either sick or, perhaps, taking some downtime. Somehow, maybe because we like easy and convenient things too much, slippers found their way into daily use in other areas of the house. These days in many homes, they can be found sitting by the front door ready to "slip" on the feet upon the arrival of the wearer.

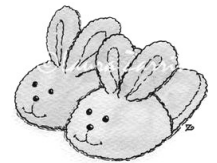
Like many things in life, easy doesn't always mean it's good for you. The cause of the dryness is friction, which occurs as the bottom of the loose slipper shifts back and forth, over and over, rubbing against the sole of the wearer's foot when walking. This gradual and repetitive frictional force generates heat on the skin, forcing moisture out, resulting in a build-up of dry skin, calluses, and, potentially, cracks. During the winter when more time is spent indoors, the dry soles become more evident, but can persist during other seasons.

There are other ways to dry out the soles besides wearing loose slippers, such as walking with only socks on the feet, wearing shoes or sandals that are open in the back making the heel unstable, or by walking barefoot on carpeting. All cause friction on the soles of the feet. Wearing loose slippers can also have a negative effect on the way one walks. Seniors with loose slippers on their feet can develop an improper gait – essentially a shuffle. This instability or unsteadiness becomes a safety issue that could lead to an increase in falls and injuries. Occupational and physical therapists caution their patients about wearing footwear that slips off or can easily get caught on things when walking.

Besides avoiding dry, callused feet and unwanted falls, seniors are also likely to be active for longer periods when wearing good shoes rather than slippers. I haven't yet seen a study on the use of slippers versus shoes, but after talking with many seniors over many years, I'm convinced that the actual benefits of wearing comfortable, well-fitting shoes throughout the day surpass any perceived benefits of slipper use. When it becomes difficult to bend over, velcro shoes are available to make life a little easier. Another option is supportive, slip-on shoes with elastic laces, which, combined with a long-handled shoehorn, can make it easier to get shoes on.

As we age, our joints crave support while we walk about on hard, flat surfaces, whether indoors or outdoors. Unsupportive footwear causes not just our joints but our whole bodies to tire more easily, thus reducing how far we can walk and how long we can spend being active. Becoming more active is the result of wearing good-fitting, comfortable shoes that provide support and stability. In short, prevention is always the best medicine. Wearing good-fitting, comfortable shoes that provide support and stability can help our feet work for us. After all, we want our feet to be able to continue carrying us around for as long as possible.

Kip Moeller, RN, CPN, is a foot care nurse working in Franklin and Hampshire counties. Any comments or questions can be sent to kipmoe@gmail.com or call 413-624-5190. Kip has arranged for another certified foot nurse to take over for her in Williamsburg. Her name is Oni and her phone number is 413-522-7219. Other towns may contact Diane Roeder at 413-374-0457



### **The Cummington Council on Aging would like to say THANK YOU to all of you who have sent in donations to help support our programs!!**

If you haven't already, won't you please consider making a contribution? Your help will support our monthly newsletter and our Neighbor to Neighbor transportation program. Many of the folks receiving these services would be isolated without our help. If you would like to make a donation, please fill out the form below and send it with your check made out to the Cummington Council on Aging and write "program support" in the memo line. We thank everyone for their continuing support.

**The Cummington Council on Aging counts on YOUR support to continue our important programs for local seniors!**

**I would like to contribute to the COA. My contribution of \$\_\_\_\_\_ is attached.**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Thank you for helping to Support Your Neighbors!**

**The Cummington Council on Aging**



# RESOURCES DIRECTORY

## Keep This Handy!

<b>Domestic Violence Advocate</b> , Hilltown Safety at Home (HS@H)	413 559-8039
If you need help in an emergency, call 911 or the Safe Passage hotline	888 345-5282.
<b>Elder Abuse Hotline</b>	800 922-2275
<b>First Call for Help</b> Information and Referral Resources	800 339-7779
<b>Fuel Assistance</b> Application and Recertification (after 11/1)	800 370-0940
<b>Hilltown Elder Network – H E N</b> (sponsored by Hilltown CDC)	413 296-4536
Help inside the home & errands (waiting list)	
<b>Veteran's Service Officer</b> Tom Geryk	413 587-1299

### Food Services:

<b>Food Bank of Western Massachusetts Brown Bag Program</b>	800 247-9632 or 413 268-8407
<b>Food Stamps - Supplemental Nutrition Assistance Program (SNAP)</b>	413 552-5400
For assistance call Fran @ Williamsburg COA	413 268-8407
<b>Hilltown Food Pantry</b> - Goshen Town Hall* - Diane Meehan, Director	413 268-7578
*Each Wednesday 1-3 PM; 3 <sup>rd</sup> Wednesday 1-6 PM	
<b>Meal Site</b> Williamsburg Senior Center	413 268-8407
<b>Meals on Wheels</b> Highland Valley Elder Services (HVES)	413 586-2000 or 800 322-0551
<b>Northampton Survival Center</b> , 265 Prospect St. Northampton	413 586-6564
<b>Salvation Army Emergency Food, Fuel or Medication Vouchers</b>	413 586-5336/6564

### Health Services:

<b>Highland Valley Elder Services</b> Intake referral for homecare, etc.	413 586-2000
<b>Hilltown Community Health Center</b> - Medical & Dental	413-238-5511
Mary Kane, RN, <b>HOPE Nurse</b>	413 238-5511, ext. 131
Janet Dimock, <b>HealthWise Community Health Worker</b>	413 238-5511, ext. 149
<b>Podiatrist</b> <b>Dr. Michael Coby</b> , call Williamsburg Senior Center	413 268-8407
to schedule (Office hours alternating months at the Senior Center)	
<b>Foot Care</b> <b>Kip Moeller</b> , foot care in Goshen or in-home visits	
Call Liz Loven for appointment	413 268-7122
Diane Roeder, foot care in Westhampton	413-374-0457
<b>SHINE, Medicare &amp; Drug Coverage Part D &amp; Prescription Advantage</b>	
Wayne Glaser (Senior Center office hrs 11-3 on Tuesdays)	Call your COA for appointment
Lorraine York-Edberg	413-773-5555, ext 2275
<b>Mass Health and New Health Coverage</b>	
John Bergeron, HCHC-Huntington	413-667-2203
Eli Stark at the Hilltown CDC-Chesterfield	413 268-0200

### Transportation Services

<b>Williamsburg Medical Rides</b> Williamsburg Senior Center (to schedule)	413 268-8407
<b>Cummington</b> Neighbor to Neighbor Drivers	413-634-2262
<b>Westhampton transportation</b> to appointments or grocery shopping, Susan Everett	413-527-9098
<b>PVTA Dial-A-Ride</b> (tickets sold at Williamsburg Senior Center)	866-277-7741
<b>PVTA Shopping VAN</b> (Williamsburg-Tuesday shopping trips & trips to town, \$2.00)	413 268-8407
<b>FRTA Van</b> (Cummington Shopping trips on Tuesday mornings, med appts. in afternoons) Ellie Loomis	413-268-7582
(Goshen Shopping trips & Med rides on Tues., Weds. & Thurs. with advance notice. ) Ellie Loomis	413-268-7582

### Local Councils on Aging

<b>Chesterfield COA</b> , Suzy Canter Kirsch	413-296-4007
<b>Cummington COA</b> , Carolyn Urekew	413-634-2262
<b>Goshen COA</b> , Rosemarie Clark	413-268-8236
<b>Plainfield COA</b> , Jane Neri	413-634-5703
<b>Westhampton COA</b> , Pat Miller	413-527-2404
<b>Williamsburg Senior Center</b> , Marie Westburg	413-268-8407
<b>Worthington COA</b> , Sandra Epperly	413-238-5584

**Cummington Council on Aging**  
**P.O. Box 95,**  
**Cummington, MA 01026**

Prsrt Std  
US Postage  
PAID  
Permit 183  
Greenfield MA

**CUMMINGTON  
COUNCIL ON AGING**

Carolyn Urekew,  
Director  
413 634-2262

Anne Parsons  
COA Chairperson  
634-5707

Elliot Ring  
COA Co-Chairperson  
634-5666

## **HILLTOWN COMMUNITY HAPPENINGS**

### **Old Country Road**

Vintage Country Music

**Sunday, April 26, 2015, 2 pm**

(Doors open at 1:45 pm)

**Goshen Town Hall,**

**42 Main Street, Goshen, MA**

**FREE & open to the public! All ages welcome!**

**Refreshments provided by the Goshen COA,  
Handicap accessible, Parking across the street**

**Featuring:**

**Peter "The Professor" McLean – dobro**

**Dan "Flat Pickin" Pilachowski- guitar**

**Mark "Lightning Bolt" Leveille – mandolin and vocals**

**Dave "Mr. Radio" Helman - bass**

**Ron "The Crooner" Jackson - guitar and vocals**



### *Are You Interested in Learning to Draw?*

*This is the class for you! It is appropriate for anyone who has never drawn, wants to learn, or wants to improve on their current drawing skills.*

**Wednesdays, April 1, 8, 15, 22, 29, & May 6<sup>th</sup>,  
9:30 — 11:30 am at Westhampton Woods,  
13 Main Rd, Westhampton**

This Basic Drawing class will enable participants to learn how to see as the artist sees! You will learn how to draw what you see, not what you think is there!! This class is loosely based on Drawing On The Right Side of the Brain, by Betty Edwards.

**All you need is an open mind, a drawing pad at least 9X12, a pencil and an eraser!** All other materials will be provided. **Cost is \$8 per class** with a money back guarantee! If you attend all 6 classes and do not learn to draw, or do not improve your drawing skills, your money will be refunded!!

The class will be taught by **Carolyn Bruneau**, a certified art teacher with over 30 years of teaching experience from kindergarten to senior citizens. To reserve your space, or for more information, call Carolyn at **527-0579**.